



KIBABII UNIVERSITY

UNIVERSITY EXAMINATION ACADEMIC YEAR 2021/2022

FIRST YEAR FIRST SEMESTER SPECIAL/SUPPLEMENTARY EXAMINATIONS FOR DIPLOMA IN EDUCATION

COURSE CODE: EDD020

COURSE TITLE: LIFE SKILLS AND PEACE EDUCATION

DATE: TUESDAY 22nd November 2022 TIME: 08:00-10:00 AM DURATION: 2 HOURS

INSTRUCTIONS TO CANDIDATES

Answer Question One (compulsory) and Any other TWO (2) Questions

KIBU observes ZERO tolerance to examination cheating

This Paper Consists of 2 Printed Pages. Please Turn Over. ➔



Kibabii University ISO 9001:2015 Certified
Knowledge for Development

SECTION A: ANSWER ALL QUESTIONS

- a. Define life skills (2 marks)
- b. Explain the following terms in Life Skills and Peace Education. (8marks)
 - i. Assertiveness
 - ii. Self-awareness
 - iii. Self-esteem
 - iv. Empathy
- c. Explain six signs of low self-esteem in an individual. (12marks)
- d. Differentiate between Eustress and Distress. (4marks)
- e. Give the difference between critical thinking and creative thinking. (4marks)

SECTION B: ATTEMPT ANY TWO QUESTIONS**SECTION B (40MARKS)****Question 2**

- a. Most people do not express feelings due to different reasons. Discuss. (10 marks)
- b i.. List any six importance of self-awareness to an individual. (6marks)
- ii. Give four ways of avoiding conflict. (4marks)

Question 3

- a. Discuss any four principles of decision making. (8marks)
- b. Briefly discuss the categories of life skills. (12marks)

Question 4

- a. Discuss any six qualities of a good negotiator. (12 marks)
- b. Explain four factors that may influence negotiation. (8 marks)

Question 5

- a. Outline the stages of effective communication. (10marks)
- b. List any barriers to effective communication. (5marks)
- c. Discuss the situations that require empathy. (5marks)

